







dbdesigner.net


| Zone | | |
|---|-----------|---------|
|  | zone_id | integer |
| | zone_name | string |


| Measurements | | |
|---|---------------------|----------|
|  | measurements_id | binary |
| | measurements_zone | integer |
| | measurements_user | integer |
| | measurements_result | decimal |
| | measurements_unit | string |
| | measurements_date | datetime |

| User | | |
|---|-----------------|-------------|
|  | user-id | integer |
| | user_first_name | string(50) |
| | user_last_name | string(50) |
| | user_nickname | string(50) |
| | user_email | string(120) |
| | user_password | string(120) |

| Workout | | |
|---|--------------------|---------------|
|  | workout_id | integer |
| | user_id | integer |
| | workout_name | string |
| | workout_sets | integer |
| | workout_rep_num | integer |
| | workout_rep_unit | string |
| | workout_load_goal | integer |
| | workout_load | decimal |
| | workout_rpe | integer |
| | workout_rest_lower | integer |
| | workout_rest_upper | integer |
| | workout_date | datetime |
| | workout_note | varchar(2500) |
| | workout_share | integer |

| Movement | | |
|---|------------------|---------------|
|  | mvmt_id | integer |
| | mvmt_name | string |
| | mvmt_description | varchar(2500) |

| muscle_movement | | |
|---|-------------|---------|
|  | mus_mvmt_id | integer |
| | mvmt_name | integer |
| | mus_name | integer |

| Social | | |
|---|-------------|--------|
|  | social_id | binary |
| | social_type | binary |

